

Club SAR first opened in Scottsdale in the early 1970's as a boxing gym. The facility moved to several sites over the years and transitioned from a pure boxing focus to encompass an overall fitness focus. In 1986, Club SAR found a permanent home on Camelback Road. Although Club SAR's locations changed, its mission never did. Club SAR strives to provide a creative and well-managed system of programs that will improve the quality of life of our members by contributing to their overall physical well-being.

**PARKS AND
RECREATION**

CLUB SAR

8055 E. Camelback Rd.
Scottsdale, AZ 85251

www.ScottsdaleAZ.gov/parks/SAR/



CLUB SAR FITNESS CENTER





Membership

MEMBERSHIP INCLUDES

- Use of all weight and cardiovascular equipment
- Free participation in all classes offered at Club SAR
- Use of the basketball court
- Use of the boxing ring and boxing equipment during designated classes
- Guidance from Club SAR staff on proper technique on the use of weight and cardiovascular equipment
- * *Professional training of any individuals, members or non-members, is prohibited at Club SAR.*

ANNUAL MEMBERSHIP DUES

Membership is open to anyone 7 years and older.

Scottsdale Residents:

18 years & older	\$75 per year
7-17 years	\$40 per year

Non-Residents:

18 years & older	\$105 per year
7-17 years	\$55 per year

Other Fees:

Daily Drop-in Rate (Non-members)	\$3
Towel	\$1
Forgotten Card	\$3
Replacement Card	\$5

TO BECOME A MEMBER

Call (480) 312-2669 or stop by the Club SAR front office.

Equipment

CARDIOVASCULAR

- Cardio Treadmills
- Recumbent Bikes
- Rowing Machines
- Stairclimbers
- Stationary Bikes
- Elliptical Machines

WEIGHTS

- Free Weights
- 35 Single Station Weight Machines

BOXING

- Boxing Ring
- Free Standing Striking Bags
- Boxing Heavy Bags
- Double End Bags

OTHER EQUIPMENT

- Full Court Indoor Basketball
- Kick Boxing Striking Bags
- Yoga Mats and Blocks
- Mats for Mixed Martial Arts Classes
- Body Composition Testing Machine

Classes*

Boxing Class	Mon - Fri	4:00 - 5:30 p.m.
Boxing Conditioning	Mon - Th	6:00 - 7:00 p.m.
Kickboxing Conditioning	Mon - Th	6:00 - 7:00 p.m.
Mixed Martial Arts	Inquire at Club SAR for times/days	
Spinning	Mon - Th	5:30 - 6:00 p.m.
Weight Orientation	Tues & Th	5:30 - 6:00 p.m.
Yoga	Mon - Th	7:15 - 8:30 p.m.
	Fri	6:00 - 7:15 p.m.
	Sat	12:30 - 1:45 p.m.

**Scheduled Classes have priority use in all boxing, weight lifting and cardiovascular areas.*

Club SAR Members and Guests Can Expect:

- To be greeted cheerfully and enthusiastically as they enter.
- A safe and healthy environment.
- A clean and neat building.
- Lockers available for daily use.
- Programs and services to be of the highest caliber with quality instruction provided by competent, enthusiastic, and caring instructors.
- Requests to be addressed in a timely manner by appropriate staff.

Hours of Operation

Monday through Friday
6:00 a.m. - 9:00 p.m.

Saturday

Noon - 5:00 p.m.

Sunday

Closed

